

# ***Ransom Middle School Try-Out Packet***

## **Fall**

Basketball (tryouts Aug)  
Cheerleading (tryouts May/June)

## **Winter**

Volleyball (Dec)  
Swim and Dive (tryouts around Thanksgiving break)

## **Spring**

Boys and Girls Track & Field (March)

## **In order to attend tryouts....**

- 1. Must have updated physical**
- 2. Must have Athletic Consent Release from Liability signed & notarized**
- 3. Must have Drug Screening consent notarized**
- 4. Must have 2.0 or above**

**All paperwork must be turned in before tryouts in order to participate.**

**Any questions please contact**

**Melissa Blackmon-850-937-5738 / mblackmon@ecsdfi.us**

[MS Pre Participation Physical Evaluation](#)

(valid for 365 days)

[MS Consent and Release Form](#)

(must be notarized)

[ECSD Annual Drug Consent Form](#)

(must be notarized)

**mblackmon@ecsdfi.us**

**\*\*\*Quick Locations to get a Physical:**

**Walgreens Minute Clinic / CVS Minute Clinic**

**Health Source Chiropractic 1449 West Nine Mile suite 5 \$30 walk in**